



WHAT IS NAMI?

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. **NAMI** has over 1,100 affiliates in communities across the country that engage in advocacy, research, support and education. Members of **NAMI** are families, friends and people living with mental illness such as major depression, schizophrenia, bipolar disorder, obsessive-compulsive disorder (OCD), panic disorder, posttraumatic stress disorder (PTSD) and borderline personality disorder.

Family-to-Family/ De Familia a Familia a 12-week course for families, partners and friends of individuals with serious mental illness taught by trained NAMI family members and caregivers of individuals living with mental illness.

Basics /Bases y Fundamentos is a 6-session education program developed specifically for parents and other family caregivers of children and adolescents.

Family Support Group is a semi-monthly/weekly meeting of caregivers of individuals with a mental illness where family members can talk frankly about their challenges and help one another through their learned wisdom. These meetings are facilitated by trained NAMI members and participants are encouraged to share actively in the work of the group.

Connections is a weekly 90 minute is a peer-facilitated recovery support group for those diagnosed with mental illness, enabling them to learn from each others' experiences.

Peer-to-Peer is a 10-week, peer led, recovery education course open to any person with a serious mental illness. Peer-to-Peer emphasizes recovery from mental illness as a feasible, supportable goal and challenges the stigma often wrongly associated with mental illness.

Parents and Teachers as Allies is an-service program that helps school professionals and families understand the early warning signs of mental illness in children and adolescents.

Provider Education is a 5 session course for mental health workers and professionals. Providers learn what it is like to live with mental illness from the individual and family perspective.

In Our Own Voice is a public education program in which two trained consumer speakers share their stories of living with mental illness and achieving recovery.

Ending the Silence is a 50 minute presentation designed to give students an opportunity to learn about mental illness through an informative presentation.

NAMI in the Lobby is a program in which volunteers will be available during visiting hours at local hospitals that have inpatient psychiatric units. The volunteer will serve as a resource for families whose loved one is hospitalized. This may involve providing resources on mental illnesses, treatment, medications and the mental health system. Providing hope and support and steering families to NAMI classes or support groups.

NAMIWalks is the largest anti-stigma walk-a-thon in America. This team event raises public awareness and supports the NAMI Signature Programs outlined above. **SAVE THE DATE:** October 3, 2015.

For more information on available NAMI programs in your location contact:

NAMI Los Angeles County Council

www.namilacc.org

Phone: (213) 386-3615 Fax: (213) 386-1109

NAMI programs are offered free, at no cost.

NAMI Los Angeles County Council is a charitable 501(c)(3) tax exempt corporation.

Tax ID#95-4049720 affiliated with NAMI California and NAMI National

www.nami.org - www.namicalifornia.org



National Alliance on Mental Illness

NAMI

**Los Angeles
County Council**

AFFILIATES

NAMI Antelope Valley

www.nami.org/sites/nami-av

Phone: (661) 341-8041

NAMI South Bay

www.namisouthbay.com

Phone: (310) 533-0705

Email: pstans5@aol.com

NAMI East San Gabriel Valley

Message Phone: (626) 974-8702

NAMI San Fernando Valley

www.namisfv.org

Info Helpline: (818) 994-6747

NAMI Glendale

www.namiglendale.org

Phone: (323) 478-1656

Email: namiglendale@gmail.com

NAMI Los Angeles South Central

Phone: (310) 668-4721

Email: namisocentral@gmail.com

NAMI Long Beach Area

www.namilongbeach.org

Phone: (562) 435-2264

Email: nami@longbeach.org

NAMI Urban Los Angeles

www.namiurbanla.org

Phone: (323) 294-7814

Fax: (323) 294-1534

Email: info@namiurbanla.org

NAMI Pomona Valley

www.namipv.org

Info Helpline: (909) 399-0305

Office Number: (909) 625-2383

NAMI Westside

www.namila.org

Phone: (310) 889-7200

Fax: (310) 889-1133

NAMI San Gabriel Valley

www.namisangabrielvalley.org

Phone: (626) 577-6697

Email: sgvnami@pacificclinics.org

NAMI Whittier

Phone: (562) 692-8006

Email: namiwhittier@aol.com

NAMI Los Angeles County Council

www.namilacc.org

Phone: (213) 386-3615

Fax: (213) 386-1109